



Lunch Menu...

Served 12-5 Monday - Sunday

(Lunch menu may not be available on certain Sundays - please check with the team)

Salads...

	Small	Large
Garlic & Herb Goat's Cheese Salad 	£6.95	£10.95
Chicken Caesar Salad	£7.95	£11.95
Greek Pasta Salad 	£6.95	£10.95
Steak & Red Onion Salad	£8.95	£13.95
Sesame & Ginger Salmon	£8.50	£12.95
Grilled Chicken & Avocado Salad	£7.95	£11.95
Tempura Spiced Prawn Salad	£7.95	£11.95
Tuna Nicoise Salad	£7.95	£11.95
Chicken & Bacon Salad	£7.95	£11.95

Sandwiches...

Choose from ciabatta bread or tortilla wrap. Served with skinny fries and salad garnish.

Cold Fillings

Home Cooked Roasted Ham	£6.95
with baby gem & free range egg	
Sweet Chilli Chicken	£6.95
with Roquito peppers & lemon mayo	
Chicken Tikka Mayo	£6.95
Sundried Tomato & Feta 	£5.95

Hot Fillings

retreat Club Sandwich	£7.95
smoked bacon, chicken, gruyere cheese & salad	
Tempura Prawn Sandwich	£7.95
king prawns, baby gem lettuce & lemon mayo	
Mexican Shredded Beef	£7.25
Steak & Red Onion	£7.95
Goat's Cheese & Caramelised Onion	£6.95

Light Lunches...

Salmon & Asparagus Farfelle	£7.95	Battered Fish & Chips	£7.50
Lemon & Chilli Prawn Linguine	£7.95	retreat Beef Burger 4oz	£7.50
Goat's Cheese Fusilli Pasta	£6.95	retreat Cajun Chicken Burger	£7.50
Proscuttio & Porcini		retreat Chicken Burger	£7.50
Mushroom Pappardelle	£7.75	Chicken & Leek Pie	£7.95
Baked Sea Bass	£8.95	Steak & Ale Pie	£7.95
Grilled Tuna Loin	£8.50	Chicken Tikka Masala	£8.50

Teriyaki Fillet Skewer £8.95

Chargrilled marinated fillet steak, peppers, courgettes and red onion, in our Teriyaki sauce, served with skinny fries & a salad garnish.

Sweet Chilli Chicken Skewer £8.50

Marinated chicken fillets served with stir fried vegetables & noodles.

Piri Piri Chicken Skewer £8.50

Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing

Vegetable & Halloumi Skewer £7.95

With a honey & lemon glaze, onions, courgettes & peppers, chargrilled, served with Mediterranean bean salad

Pizzetta... Half the size, ideal for lunch time

Margherita	£6.95	Le Reine Pizza	£7.95
Tomato & mozzarella		Roasted ham, sliced field mushrooms & black olives.	
Chicken & Pesto	£7.95	Tomato base with mozzarella	
Tomato & mozzarella, shredded chicken, sun dried tomatoes, pesto & parmesan		Spanish Tapas Pizza	£8.75
American	£7.95	Sliced chicken breast, chorizo, Manchego cheese, roasted peppers & onions	
Pepperoni, tomato & mozzarella		Tuna Nicoise Pizza	£8.75
American Hot	£8.50	Flaked fresh tuna steak, anchovies, olives, soft boiled egg, drizzled with French dressing and finished with croutons	
As above plus peppers, fresh chillies & jalapenos			
retreat Pizza	£9.50		
Pepperoni, pancetta, peppers, jalapenos, red onions, sun blushed tomatoes, tomato & mozzarella			
Goats Cheese & Roquito Pepper 	£7.95		
Tomato, mozzarella, goats cheese, mild Roquito chilli peppers & caramelised onions			

Additional toppings can be added to pizzas ask your server for options Add skinny fries (£1.95) or mixed salad (£1.75)